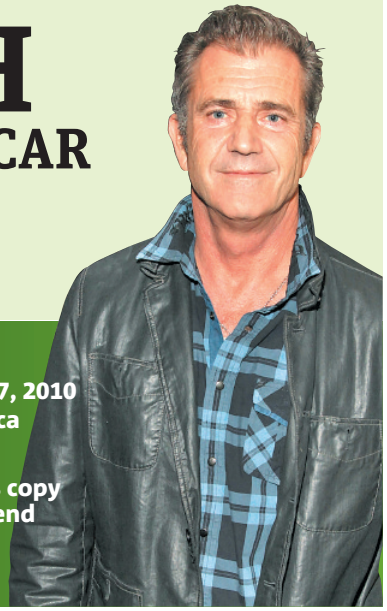
HENNESSY HEARING GHOSTS
ACTRESS REVISITS MUSIC ROOTS {page 8}

CATERING TO EVERYONE
A VEGETARIAN, MEAT LOVER TRUCE {page 15}

CRASH
MEL DRIVES CAR INTO HILL
DISH {page 10}



VANCOUVER metro®
Tuesday, August 17, 2010
www.metronews.ca

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Interior fires spur city air warning

Hot, sunny weather will also increase region's ozone levels ◐ Regional district suggests people head to shopping malls with cooler filtered air ◐ Many air conditioning systems do not filter air particles

Smoke and haze from forest fires in B.C.'s Interior forced officials yesterday to issue an air-quality advisory for the Lower Mainland and Fraser Valley.

Fine particulate matter was especially heavy at monitoring stations in Tsawwassen, Richmond, Kitsilano and Vancouver's airport.

The poor air quality, which was expected to last for at least 24 hours, is particularly a concern for infants, the elderly, and people with heart and lung diseases.

Residents should avoid strenuous outdoor activities and stop those activities altogether if breathing becomes difficult. People who develop shortness of breath, chest discomfort or wheezing coughs should contact their doctor.

METRO VANCOUVER

Transit. First birthday

▶ A Canada Line train approaches Marine Drive Station yesterday. Ridership along the line has already hit 100,000 people a day. A birthday event, with free cupcakes, will be held at Broadway Station at 11:30 a.m. But while some businesses along Cambie have experienced a Canada Line boost, others have not. Story, page 3.

VANESSA YEE/FOR METRO VANCOUVER

Canada Line marks one year of service

Education

Dive into higher learning

From frosh week to physics, Metro's got you covered {pages 20-24}

BPA found in most Canadians

Low levels of common chemical detected in urine: Study {page 4}

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Happy birthday Canada Line?

- 100,000 passengers a day exceeds forecast ridership by two years
- Some Broadway, Cambie companies complain of lack of business

VANESSA YEE/FOR METRO VANCOUVER

▶ Wilfredo Equia, right, and employees of Elliz Café said the Canada Line is responsible for up to 20 per cent of his new business.

VANESSA YEE
VANCOUVER@METRONEWS.CA

Today's the one-year anniversary of the Canada Line, but whether it's a happy birthday depends on to whom you talk.

Some smaller businesses near the Broadway-City Hall Station complained they have yet to recover their customers and revenue.

"Business has been getting worse," said Grace Ng of Cambie Café.

"The Canada Line hasn't helped at all."

Ady Aylon, of Café Express and Gelato, said most traffic bypasses the Cambie businesses when heading downtown.

However, Glen Gillis, general manager of Canadian Tire, has seen a "significant increase in sales" and credits the Canada Line for the success.

At Oakridge Shopping Centre, general manager Kathy Barr said there has been an increase in traffic and sales but noted that the addition of new stores has also helped.

Barr also said the Canada Line has brought in a new mixture of customers from Richmond and Downtown.

Canada Line Yr. 1

Ian Jarvis is CEO of TransLink

▶ **The first anniversary**
"The Canada Line has met and beat everyone's expectations with respect to its success. Over and above the ridership, it's really provided a significant improvement to the network."

▶ **The future of the line**
"The Olympics were a great example of how effective a rapid transit line along a corridor can work. We had 280,000 riders one day. If you have that capacity serving where people need to get to and from, it's a very effective alternative."

JEFF HODSON

Court battle over HST underway

KRISTEN THOMPSON/METRO VANCOUVER

▶ Bill Vander Zalm

A court hearing began in Vancouver yesterday for a coalition of British Columbia business groups trying to make Bill Vander Zalm's anti-HST petition a moot point.

Vander Zalm said he'll be attending court all week as lawyers for the business group argue the petition is irrelevant because the HST is, in part, a federal tax so it can't be repealed by the province.

The petition collected 700,000 signatures from British Columbians calling for the harmonized sales tax to be scrapped.

"Some time ago we introduced a law that allowed the people a democratic process," Vander Zalm said outside court. "The government is there to respond to the will of the people."

The businesses — which support the HST — said they simply want to bring "clarity" to the issue of the petition's validity.

KRISTEN THOMPSON

Sweltering heat set to subside midweek

The Lower Mainland's suffocating heat is due to break this week, Environment Canada said yesterday following a weekend of broken B.C. temperature records.

Meteorologist Doug Lundquist said marine air is trying to push its way into Metro Vancouver.

"The heat will slowly subside this week, and we'll see the biggest change on Wednesday with a high of 22 C."

According to Lundquist, this past Saturday was especially hot with 28.6 C at the Vancouver International Airport, which trumped the 1942 record of 27.8 C.

JENNIFER O'CALLAGHAN

Daughter arrested in stabbing

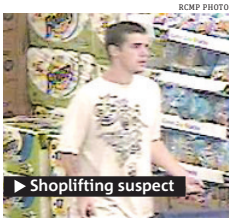
A 73-year-old Castlegar man was allegedly stabbed numerous times with a kitchen knife by his 50-year-old daughter.

The suspect is set to appear in court tomorrow on a recommended charge of attempted murder after she was arrested Sunday.

The man was taken to Trail hospital and is in stable condition, according to RCMP.

VANESSA YEE

RCMP PHOTO


▶ Shoplifting suspect

Theft, negligence charges laid

Police have arrested a man for allegedly shoplifting from a Nanaimo Wal-Mart and shoving over a 99-year-old shopper, breaking the victim's hip.

Robert Wesley Russell, 27, has been charged with theft and criminal negligence causing bodily harm.

His alleged victim underwent surgery and will remain in hospital for "some time" because of complications, police say.

KRISTEN THOMPSON

1 news

News on the move

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2 Use the ScanLife application on your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to relevant content at m.metronews.ca

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Chemical Canada

StatsCan study finds most Canadians have low levels of contaminant bisphenol A and mercury

It's found in soft plastic bottles and in the linings of tin cans — and probably in you, too.

Most Canadians have low levels of a chemical called bisphenol A in their bodies, a new federal study has found.

The Canadian Health Measures Survey, released yesterday by Statistics Canada, says 91 per cent of Canadians aged six to 79 had bisphenol A in their urine.

The study, conducted between 2007 and 2009, analyzed blood and urine samples for indicators of more than 80 environmental contaminants and chemical substances.

Researchers also found the amount of lead in Canadians' blood has fallen dramatically since they were last measured 30 years ago, while most blood tests turned up detectable levels of mercury.

This is the first time bisphenol A concentrations have been measured nationally. The chemical has been used in water bottles, canned food lining and hundreds of other household items.

Some scientists believe exposure to bisphenol A can harm the reproductive and nervous systems and possibly promote cancers. They point to dozens of animal studies.

THE CANADIAN PRESS

Survey says

The Canadian study found concentrations of BPA in urine were higher for children aged six to 11 than they were for adults aged 40 to 79. The study found the highest concentrations in teens.

Action The federal government has already taken action to forbid the sale in Canada of polycarbonate plastic baby bottles that contain bisphenol A.

Moscow. Getting ahead

▶ Russian activists protest in downtown Moscow against cutting down a forest for highway construction. The forest is in a protected area.

IVAN SEKRETAREV/THE ASSOCIATED PRESS

Moscow plans opposed

Number 67 written on a protester's forehead allegedly shows the per cent of Muscovites who oppose plans for clearing the centuries-old oak forest in Khimki for highway construction.

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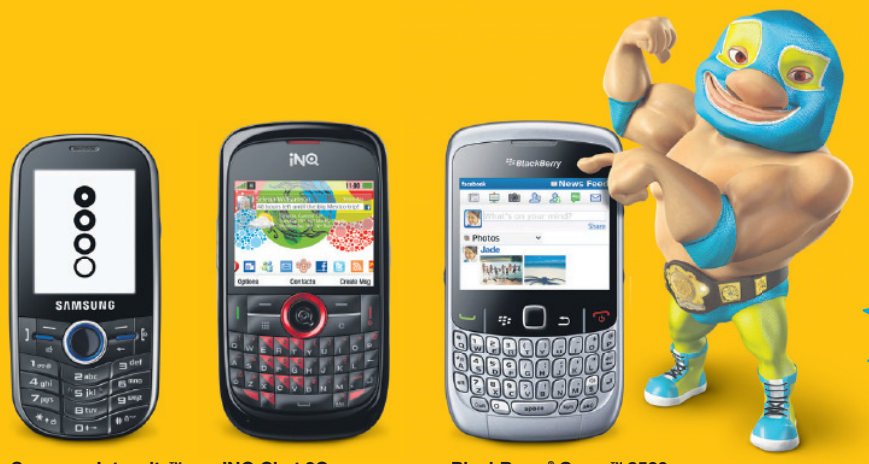

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HST blamed as real-estate sales dry up

Sales peaked in 2009 on pent-up demand from recession Ultra-low interest rates helped

Canadian homes sales activity last month was down 30 per cent from a year earlier — a decline driven largely by a widely expected slowdown following the introduction of a new tax regime in the once-hot markets of B.C. and Ontario.

The Canadian Real Estate Association says July's data from the Multiple Listing Service, which handles the bulk of Canadian home resales transactions, continued a months-long cooling trend in the once-bustling real estate sector.

"The soft sales figures we're seeing right now can be attributed in part to accelerated home purchases earlier in the year," said CREA president Georges Pahud.

"Activity may remain at lower levels for some time, but ultimately we expect a more stable market to emerge, with demand coming back into line with economic fundamentals."

On a seasonally adjusted basis, sales were down 6.8 per cent from June.

CREA says the decline was almost entirely the result of fewer sales in British Columbia and Ontario, where the harmonized sales tax was implemented July 1, prompting many would-be buyers to push sales forward into the first half of the year.

THE CANADIAN PRESS

Home sales

- **British Columbia** had the biggest dropoff at 14.1 per cent, followed by Ontario with an eight per cent decline. Sales in the Prairies and Quebec were on par with June levels.
- **The Canadian Real Estate Association** says the pace of decline was slower than in May and June — which followed an extremely busy period early this year.
- **Average** CREA says the average price of homes sold through the MLS was $330,351, up one per cent from a year ago.

Retail. China

▶ Chinese officials cut up fake designer bags.

THE ASSOCIATED PRESS

China destroys fakes

Chinese business administration officers destroyed handbags during a mass elimination of counterfeit Louis Vuitton products in southwest China's Chongqing city yesterday.

China overtakes Japan as No. 2

Japan lost its place as the world's No. 2 economy to China in the second quarter as receding global growth sapped momentum and stunted a shaky recovery.

Japan's nominal GDP, which isn't adjusted for seasonal variations, was worth $1.286 trillion in the April-to-June quarter compared with $1.335 trillion for China.

THE ASSOCIATED PRESS

Quebec's Aeropro fails

Quebec charter airline Aeropro has ceased flying and laid off about 100 employees. The move follows a failed bid by the airline to stop Transport Canada from revoking its operating permit.

Transport Canada withdrew the permit shortly after an Aeropro plane crashed on June 23 and killed seven people on board. The Quebec City-based company argued Transport Canada acted without warning.

THE CANADIAN PRESS

Market moment

PRICES AS OF 4 P.M. YESTERDAY

DOLLAR	Natural gas 1,000 cu ft	OIL	TSX
– 0.29¢ (95.73¢ US)	$4.228 (– 10¢) Gold contracts $1,224.50 (+ $9.60)	– 15¢ US ($75.24 US)	+ 24.51 (11,552.76)

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TRENDY TURN-OFFS: A FASHION FIGHT

She says ...

JESSICA NAPIER

The other day, I found myself standing in my closet with a serious case of nothing-to-wear syndrome.

After I had spent half an hour rummaging through an enormous pile of clothes, I eventually decided to throw on an old standby summer dress. I emerged from the closet in a fun, flirty (and maybe most importantly, forgiving) frock only to be met with unappreciative groans from my boyfriend who had been patiently waiting while I had my wardrobe-related meltdown.

"Couldn't you wear something a little tighter?" he asked, eyeing my flowy, empire waist garment. "That looks a little bit like a tent."

Apparently, my testosterone-fuelled roommate is not a fan of comfort over curves. I decided to keep the dress on regardless; this was hardly the first time we had feuded over fashion.

Our most memorable clash was our war of words over the siren-red lipstick. I say sexy bombshell, he says un-kissable harlot. It seems most men do not appreciate puckering up to someone with an intensely pigmented mouth.

"Why do men and women have such vastly different opinions on our favourite items of clothing? I have to assume that guys don't really care about the clothes themselves."

Why do men and women have such vastly different opinions on our favourite items of clothing? I have to assume that guys don't really care about the clothes themselves; they're more concerned with how we look in them. Figure trumps fashion, and so the trends that we find en vogue are often given a thumbs down by the men in our lives.

Looking back, we've all made some style faux-pas at one point or another. In the '90s, my middle-school self had a bad perm and an even more heinous collection of French berets.

I guess I've always taken an experimental approach to fashion. This year alone I've dabbled in bold shoulder pads, floral hair bands, faux fur vests, clogs, pastel blue nail polish — hell, I even own a pair of jeggings. But more often than not these looks are met with an eyebrow raise from a partner who doesn't seem to appreciate my penchant for achingly trendy items.

So what fashion fad do men hate the most? UGGs. Yes, according to a recent study (and by that I mean an informal poll of my male friends and coworkers) these ubiquitously frumpy boots top the tragic trend list.

Sorry guys, but as long as there are mid-February snowstorms and icy sidewalks, you'll find us stomping through the slush in our hideously practical footwear.

Cartoon

MICHAEL DE ADDER

Helmets great, laws aren't

Letters & Tweets

More bikes, less pollution

RANDY QUAN/TORSTAR NEWS SERVICE

OTTAWA. I am all in favour of using helmets when biking. They protect your noggin and are a good platform for bright reflective stickers.

But if a law discourages healthy activity, even casual cycling for errands and other trips, the gain in safety from accidents is less than the unhealthy effects of inactivity.

Studies in Nova Scotia and Australia and other places have recorded significant and large decreases in cycling when helmets were made mandatory for adults. In Europe, few cyclists wear helmets, but their injury and fatality rate is much less than North America where a greater proportion wear helmets.

The more cyclists there are, the lower the accident rate is, so discouraging cycling actually increases the danger to the remaining cyclists. When helmet laws were introduced in Nova Scotia, there were fewer cyclists and a greater proportion wearing helmets — but just as many injured cyclists.

More cycling also means less air pollution and less wear and tear on the roads.

The biggest safety benefit of helmet laws is largely for kids.

I think the greatest danger comes from less cycling, not legislating bicycle helmets for adults.

TOM TROTTIER

What's your favourite dessert?

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Metro Minute with Fran Healy

JENNIFER O'CALLAGHAN
VANCOUVER@METRONEWS.CA

Take a break from the summer heat this evening and head to the Vogue Theatre (918 Granville St.) as Travis frontman Fran Healy takes the stage with a solo acoustic show.

The Scottish rocker will be performing songs from his debut solo album, Wreckorder, as well as the hits from Travis' past six studio albums.

Travis first gained international fame with their 1999 anthem, Why Does It Always Rain On Me?

Doors open at 7 p.m. and the show starts at 8 p.m. For tickets, visit ticketmaster.com or livenation.com.

GETTY IMAGES

▶ Travis frontman Fran Healy.

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2 scene

News in brief

1 The first crop of Emmy presenters have been announced, and they represent some of the most popular and most nominated TV shows of the year. Nominees Matthew Morrison, January Jones, along with The Office creator Ricky Gervais will appear at the Aug. 29 ceremony.
THE ASSOCIATED PRESS

2 Another MTV Jersey Shore cast member has been arrested. Police say Ronald "Ronnie" Ortiz-Magro was taken into custody around noon Sunday for outstanding warrants involving unpaid parking tickets.
THE ASSOCIATED PRESS

Job transfer: Ricky Gervais is developing The Office for Chinese television

GENTL & HYERS

▶ Actress Jill Hennessy started out as a teen busking for rent money and has released a new album Ghost in my Head.

Hennessy gets back to her musical roots

Many of the songs inspired by her unsettled family life across Canada

GRAHAM ROCKINGHAM
SCENE@METRONEWS.CA

Twenty years ago Jill Hennessy, the popular Canadian actress, best known for her work in Law and Order and Crossing Jordan, used to earn her keep by standing outside a Queen Street club in Toronto, strumming a guitar and singing for spare change.

At the time, Hennessy hadn't really thought of acting. An audition for the Broadway musical, The Buddy Holly Story, would eventually get her to New York and an enviable career as an actress.

Back then, her life centred around music and just getting the rent paid. During the past few years — freed from the distractions of a hit TV show — Hennessy has been able to refocus her talents on music. The result is her debut album, Ghost in my Head.

Hennessy, 41, laughs when reminded of her busking career back in the early '90s: "Outside the Rivoli was where I used to play guitar for money. It will be such a luxury to actually play inside for money for the very first time."

Hennessy was born in Edmonton, but raised in several different cities in Canada as her family followed her salesman father from job to job — Calgary, then White Rock and Cranbrook in B.C., Burlington, Kitchener and Waterloo in Ontario. At the age of 18, she found herself living by herself in downtown Toronto and took to the streets.

Through the influence of her parents' record collection, Hennessy's musical tastes were formed listening to the songs of Joni Mitchell, James Taylor and Gordon Lightfoot. Her new album follows that '70s singer-songwriter tradition.

"They're songs that a lot of people can relate to," Hennessy says in an interview with Metro. "These are the images that have been haunting me for a very long time so I did find them necessary to put down."

Canadian double threats

Beside Jill Hennessy there have been several other Canadian cross-over actors/musicians. Here are some of the other noteable ones:

Alanis Morissette: The Jagged Little Pill singer from Ottawa had the honour of playing God in Kevin Smith's Dogma and is a regular on Weeds.

Hugh Dillon: The lead singer of the '90s rock band the Headstones is now the star of Flashpoint and Durham County.

Drake: One of the hottest music stars in the world got his start playing Jimmy Brooks on Degrassi: The Next Generation.

Chris Jericho: The Winnipeg WWE star has recorded five CDs as singer for metal band Fozzy.

Alan Doyle: The Great Big Sea singer played Allan A'Dayle in Russell Crowe's recent Robin Hood.

Avril Lavigne: The punk princess of punk supplied the voice of Penny the Possum in Beyond the Hedge. Her possum dad was Star Trek's William Shatner.

William Shatner: In 1968, Capt. Kirk released the LP The Transformed Man with ridiculous spoken word versions of Lucy in the Sky with Diamonds and Hey, Mr. Tambourine Man.
GRAHAM ROCKINGHAM

ANTICIPATION HIGH FOR FALL DISCS

The Audio Files

BRYAN BORZYKOWSKI
SCENE@METRONEWS.CA

No one wants the summer to end, but at least there's a bright side — a plethora of records get released between now and the end of the year. Here are a few discs to lookout for in the back half of 2010.

Weezer — Hurley (Sept. 14)

Even though Weezer's last few records haven't resonated much with longtime fans, people still get excited when Rivers Cuomo releases a new record. This is the first time they've put out a disc on an indie label (Epitaph) and they're claiming it's a return to their indie-rock roots. First single Memories, is hopefully an indication of how the rest of the disc sounds — it's a loud, driving, riff-heavy rock number, and it's really good.

The Walkmen — Lisbon (Sept. 14)

This gritty New York four-piece rose to indie-rock fame with their 2004 sophomore record Bows & Arrows and have been consistently strong since. While they continue to make gravelly, amped-up Dylan-inspired sounds, they're also not afraid to turn down the distortion. That's clear from their new songs on MySpace. Stranded is a quiet ballad with sad sounding horns and minimal guitars; Angela Surf City is the opposite — it's got manic drums, an aggressive wall of distortion and Hamilton Leithauser's brilliant wail.

Antony and the Johnsons — Swanlights (Oct. 12)

Antony Hegarty is proof that you don't need to be a Maroon 5-wanabee if you want a successful music career. His band, Antony and the Johnsons, have made a name for themselves playing soft, dramatic chamber pop. The 2005 Mercury Prize winner's last disc was pretty depressing so it's a nice to change to hear new single Thank You For Your Love — an upbeat soul number that shows off Hegarty's happier side.

Kanye West — Good Ass Job (Nov. 16)

There's almost no artist who can generate pre-album buzz like Kanye West. Last week, out of the blue, he released an unmastered version of a new song on his website. (It's since been taken down.) If this track is any indication, his fifth record will be a big improvement over the lackluster, auto-tune mistake 808s & Heartbreaks. The song, See Me Now, is an upbeat number layered with choir-like background vocals and an aggressive R&B chorus courtesy of Beyoncé. The disc also features contribution and productions credits from Kid Cudi, Q-Tip, Pete Rock, RZA, and apparently, Bon Ivor's Justin Vernon.

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Car wreck that is Mel's life gets real

Embattled actor crashes his expensive Maserati into a Malibu hillside Police claim Gibson unhurt, alcohol not suspected to be a factor

Mel Gibson was uninjured after crashing his sports car into a Malibu hillside, the California Highway Patrol said.

Gibson's 2008 Maserati careened off southbound Malibu Canyon Road on Sunday evening, the agency said.

Gibson's spokesman Alan Nierob said in an email the actor-director was doing fine.

The 54-year-old Academy Award winner was alone in the car. Authorities do not suspect alcohol was involved.

Gibson co-operated with the agency and was picked up from the scene by a friend. The CHP did not release any further details, and it was unclear how much damage Gibson's car sustained.

It's been a rough couple of months for Gibson, who is locked in a bitter custody dispute over his infant daughter with Russian singer Oksana Grigorieva. He also remained under investigation by the Los Angeles County Sheriff's Department for an alleged assault on Grigorieva earlier this year, although no charges have been filed.

THE ASSOCIATED PRESS

GETTY IMAGES

▶ Mad Mel continues his rampage of destruction upon his beloved possessions.

Side Dish

1 Neil Patrick Harris and his partner, David Burtka, will become parents of twins this fall. A representative for Harris confirmed in an email yesterday that Harris made the announcement in a posting on Twitter. He did not say whether they were adopting or using a surrogate.

2 Jennifer Aniston is brushing off comments by Bill O'Reilly that the actress' support of single mothers is "destructive to our society" and "diminishes the role of the father," according to People magazine. "Of course, many women dream of finding Prince Charming with fatherly instincts, but for those who've not yet found their Bill O'Reilly, I'm just glad science has provided a few other options," she said.

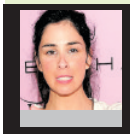
METRO WORLD NEWS

Celebrity tweets

Dolly Parton [@Dolly_Parton] Some of my dreams are so big they would scare you!

Jamie Oliver [@jamie_oliver] lovely day in England, it's so beautiful in summer in this country

Spencer Pratt [@spencerpratt] is thinking about you. No not you. YOU!



Sarah Silverman [@SarahKSilverman] Anxious, needy cyber laughter is a bummer haha

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Talking points

Jane's marriage Hung, over

NEXT!. After separating and reconciling last year, Patricia Arquette and Hung star Thomas Jane are getting a divorce, according to People magazine. "The split is completely amicable and their prime focus is their daughter," Jane's rep tells the magazine.

Katy's drunken performance

ROLE MODEL. YOU'RE DOING IT WRONG. Katy Perry gave a group of Australian teens a thrill when she crashed a high school dance at a Melbourne hotel, attracted by the DJ playing her hit California Gurls, according to Radar Online. Perry reportedly grabbed a microphone and started singing along. "She appeared slightly drunk and was stumbling a little," a student tells the website. "She was dancing and laughing with students until the end of the song when she was subtly whisked away by her security guards." METRO WORLD

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3 life

Need to know

Organ donors: A new poll suggests that most Canadians strongly support both organ and tissue donation for transplantation, but many are confused about how to consent to be donors themselves. Find out more at organ-donation.ca

ScanLife

Offspring of sperm donors seek changes to find fathers

ISTOCK PHOTO

Gym bag Essentials

7 things to give every modern guy the extra push he needs to complete his workout

LISA HERZ
WELLNESS@METRONEWS.CA

Used to be, a guy could hit the gym with nothing more than an old pair of Keds, a ratty T-shirt and a can of Axe.

The pared-down aesthetic is timeless for guys, but even unmetrosexual men can benefit from a few gym-bag perks.

1.

A little too enthusiastic with the deadlifts? Get some heat on those aching muscles with JR Watkins liniment ($11.99, Shoppers Drug Mart) containing camphor and capsicum, which calm pain by muting the "screams" of your poor, stressed nerve endings.

2.

Body Shop DeoDry Deodorant Stick in Cool & Zesty ($8, The Body Shop), uses natural volcanic mineral to absorb water and keep you dry for 24 hours. As a bonus, it's crisp and clean, not like those generic, industry-standard scents that all smell like teenage body spray.

3.

A separate shampoo and body wash? That's not going to happen — too many bottles. Gillette Gentle Clean Shampoo and Body Wash 2-in-1 ($6, drugstores) gives you clean hair and a clean body. Simple.

4.

Stash these miniature deodorizers (Sneaker Balls $6, Sport Chek) in the bottom of your gym bag or slip them into your shoes after a workout. The tiny soccer balls will keep bad smells at bay long after your World Cup-sized workout is over.

5.

Buy a Bodylogix product and you'll also receive a PIN code for online access to trainers and nutritionists who'll create customized workout and diet plans to meet your goals. Bodylogix Thermogenesis capsules ($30, exclusive to Shoppers Drug Mart) accelerate fat-burning to help you get the most out of your workout.

6.

Literally space-age technology, the fabric for the Tilley Outlast T-shirt ($49, tilley.com) was designed by NASA to stay cool when you heat up.

And, conversely, to keep you warm when it's cool.

7.

Time your circuits through weight stations with this rugged Swatch Mister Chrono ($135, swatch.com for stores) with a timing feature, easy-to-read dials and a rugged rubber strap.

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▶ Natural supplements can help with daily joint care.

Avoid knee pains before they strike

Youth facing problem with their own osteo-arthritic symptoms

More and more young Canadians are experiencing osteo-arthritic symptoms, according to recent studies.

While exercise is a good way to prevent osteoarthritis (OA), it appears that young people who play too hard, or exercise without protecting their joints, can end up with joint pain that used to be more common among their parents or grandparents.

A 2009 study found that people engaged in high levels of physical activity sustained more severe knee injuries, including such damage as fluid buildup and torn cartilage and ligaments. Tennis, skiing and skateboarding can be hard on the knees. Hockey can lead to hip, knee and wrist damage. These types of injury can dramatically increase likelihood of developing osteoarthritis (OA).

Another factor behind OA in young people is obesity. Excess weight puts strain on joints and increases one's risk of injury from even simple day-to-day activities.

Glucosamine sulfate, chondroitin sulfate and MSM are among the most popular natural supplements used for joint care and repair, according to Dr. Joyce Johnson, consumer education specialist at WN Pharmaceuticals.

NEWS CANADA

Inflammation

Here is a list of what prevents inflammation and a list of the things that can cause inflammation in joints. Joint inflammation can eventually lead to arthritis.

Prevents inflammation & arthritis:
Apple cider vinegar
Molasses
Fatty Fish like salmon (omega-3s)
Walnuts, flax seeds and flax seed oil
Olive oil
Tart Cherries
Berries and antioxidant fruits
Turmeric, cayenne pepper, rosemary
Kale, chard, cucumbers
Onion

Increases inflammation
Dairy products
Refined sugar, honey, corn syrup
Corn, corn oil
Coffee, carbonated drinks
Beef/red meats
Trans fats/saturated fats
Wheat products, gluten
Egg yolks
Alcohol
Processed meats

Childhood obesity linked joint strain
One of the culprits is excess fat. In Canada, obesity rates in children and young people have nearly tripled in the last 25 years.

NEWS CANADA

How to keep joints pain free

Keep your joints healthy, mobile and pain-free with some basic lifestyle choices.

Exercise that does not stress the joints can help reduce toxic stress, improve muscle tone and improve blood flow, all of which contribute to lifelong joint health.

It is also important to maintain a healthy weight as excess weight puts pressure on your joints.

Focus on foods that enhance joint flexibility and lubrication.

Studies show that a low protein diet, with lots of fresh antioxidant fruits and berries as well as complex carbohydrates, can help prevent osteo-arthritis.

NEWS CANADA

3 Can dietary choices prevent the pain and stiffness of arthritis? Research suggests three things can help: a low protein diet high in complex carbs, getting moderate exercise and avoiding foods that cause inflammation that is a key component of arthritis risk and other non-optimum health conditions.

NEWS CANADA

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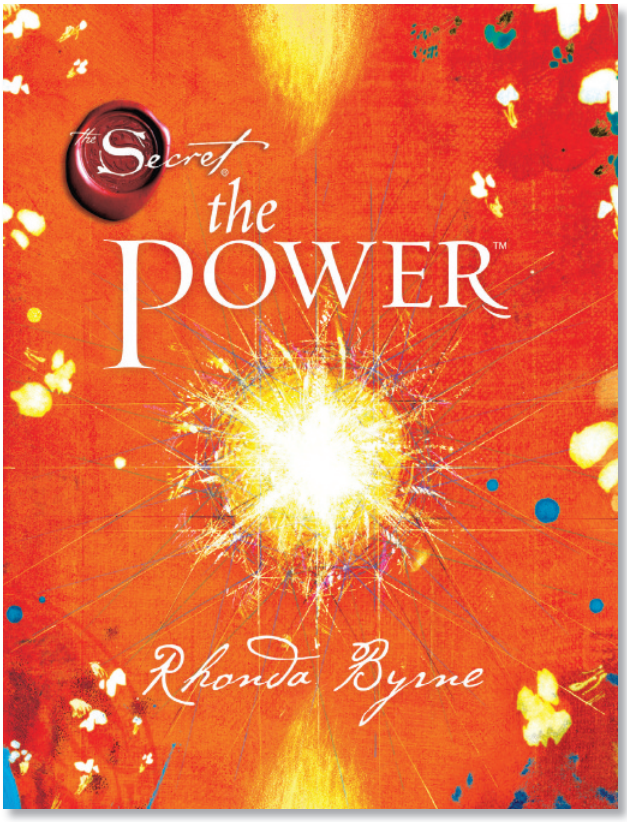

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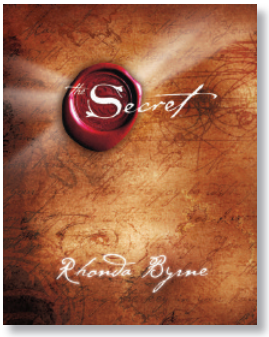
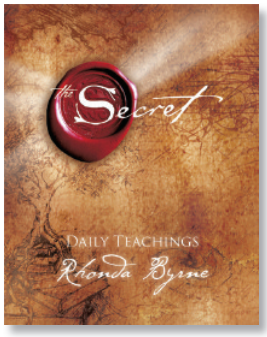


The Secret

The Secret Gratitude Book



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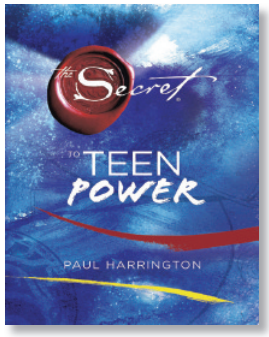

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How to cater to everyone

CELIA MILNE
FOOD@METRONEWS.CA

It's pretty typical these days to have a mixed crowd at your dinner party with many different tastes and needs. But fear not, you can still throw a fabulous, down-home dinner party to please everyone.

"The idea is to have a menu that is diverse enough to appeal to all parties," says Corbin Tomaszeski, co-host of Dinner Party Wars, which premieres Sept. 1 at 9 p.m. on the Food Network Canada. For hosting your own dinner party, he suggests starting with old-time favourites such as pasta, rice or classic Italian risotto dishes and adding meat or fish for the carnivores.

For vegetarians, try bean cassoulet or vegetable ragout, suggests Tomaszeski, who is also the executive chef at Toronto's fashionable Holts Café (Holt Renfrew). Keep it fresh for everyone — including those who are dieting or cleansing — with soups and stews, salads, and chopped fresh vegetables. Avoid shellfish and nuts, so that those with allergies can share the fare. "The trick is to prepare a dish without reinventing it but that can be modular for all guests with dietary restrictions or allergies."

For the vegan...

This quinoa salad is perfect to be served to vegan and health conscious eaters.

Gently toss all ingredients together in a medium sized bowl. Line a large platter with whole leaves of your favourite lettuce. Place the mixed quinoa salad on the lined platter and garnish with fresh basil cress.

Serve immediately and enjoy.

Ingredients :

- 2 whole raw rapini — cut into 1-inch pieces
- 4 raw green beans — sliced in half lengthwise
- 4 raw purple beans — sliced in half lengthwise
- 4 raw yellow beans sliced in half lengthwise
- 6 yellow tear drop tomatoes — halved
- 6 red cherry tomatoes — halved
- ½ clove garlic minced
- 1 cup quinoa — cooked
- Salt and Pepper to taste
- 4-6 tbsp.roasted-tomato vinaigrette
- 2 cups whole arugula leaves

Roasted Tomato Vinaigrette:

- 8 halves of roasted plum tomato — skinned and seeded
- 1 garlic clove — minced
- 1 tsp. Dijon mustard
- 1-2 tsp. balsamic vinegar
- 1-2 tsp. red wine vinegar
- ¼ cup extra virgin olive oil
- salt and pepper to taste
- Combine all ingredients in a blender and purée until smooth. Pass through a sieve and chill until use.

It's not easy being an organic wine

Liquid Assets

PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA

It's not that easy being green when it comes to organic wines. As a winemaker you not only have to be committed to meeting some pretty strict guidelines to become a certified organic producer; you then have to convince consumers that you're not short-changing them when it comes to flavour.

While I've sipped my fair share of organic wines that tasted like licking a manure pile; the quality and selection of organic juice available today has never been better. In fact, with most I'd bet you'd never even know you were drinking a wine that was made without chemical intervention in the vineyard.

Bonterra Vineyards in California's Mendocino County has been making wine with organically grown grapes since the early 1990s. Its 2008 Chardonnay ($18.95 - $21.36) is all about bright citrusy flavours with just a touch of oak, while its 2007 Cabernet Sauvignon ($19.95 - $21.99) shows off big, ripe berry fruit. *Prices reflect the range across the country. Some products may not be available in all provinces.*

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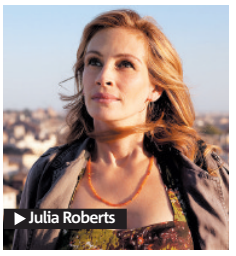
Divorce, dish, sell

Popular book Eat, Pray, Love has plenty of company



Maybe you were inspired by Elizabeth Gilbert's post-divorce mission to find herself (and, incidentally, a hot new boyfriend) in Eat, Pray, Love, her 2006 memoir chronicling her "search for everything across Italy, India and Indonesia."

Maybe it turned you into a spiteful, hungry atheist. Doesn't matter: Not only did her book sell millions of copies, but its film adaptation opens this Friday starring none other than Julia Roberts.

Why do we want to know, and why do they want to tell? We hit up other divorce memoir writers — there were, maybe not surprisingly, plenty to choose from — for answers.

MONICA WEYMOUTH

Every story is different

Stacy Morrison decided to write Falling Apart in One Piece after being surrounded by women at cocktail parties who were curious about her divorce — and it wasn't exactly a simple story to tell. "The goal was to say 'Here's what it looks like,'" she says.

"I think it's funny, and more than a little f—ed up, that we always think there's a rat bastard."

Most people need practical advice

Although Jessica Bram calls Gilbert an "amazing writer," it didn't resonate with her experience as a mother of three who had long been out of the dating pool and work. Her book, Happily Ever After Divorce: Notes of a Joyful Journey speaks to those who don't have a year to go on vacation. "Most people have more things to worry about," she says. "This is the book I wish I had when I was going through my divorce."

It's good for a couple of laughs

For Sascha Rothchild, finding the humor in her divorce helped her and also led to her book, How to Get Divorced by 30.

Universal scooped up the film rights and she's happy to show the more lighthearted side of what plenty of couples go through: "You don't have to go find yourself in Italy," she says. "In the '40s and '50s, there were all these fantastic, funny divorce movies: His Girl Friday, The Awful Truth. It's weird — now it has to be this sad, horrible thing."

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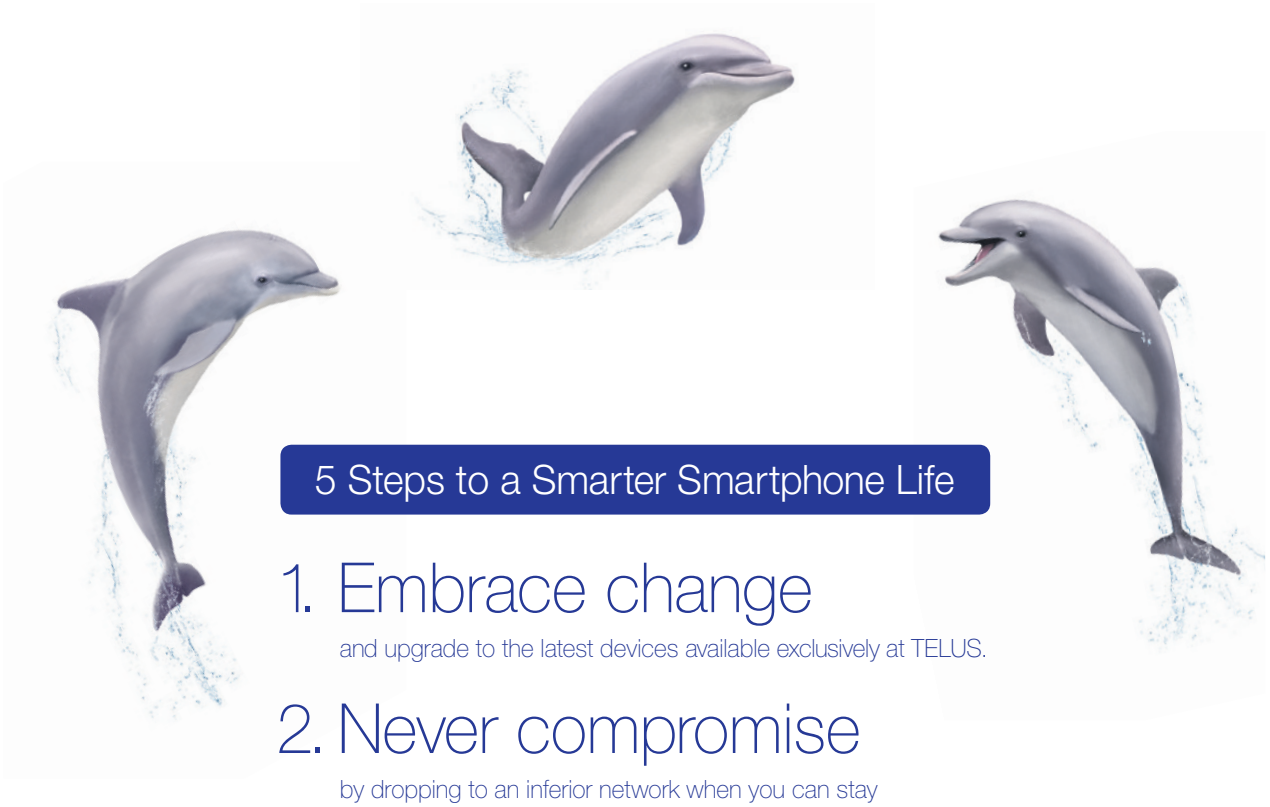

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Security questions got you stumped?

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

I'm a big fan of keeping things simple but it isn't easy in this complicated financial world. A typical family has multiple credit cards, debit cards, loans, investment accounts (RRSP, RESP, TFSA, RRIF) and often non-registered accounts as well.

Add to that a raft of bills from utilities to cell phones and it's a staggering number of client IDs, PINs and passwords to remember.

A few years ago, when I logged on to my bank account from my husband's computer, I was asked a series of security questions "for my own protection." I've had the account for years and for the life of me I couldn't remember the answers to the questions I'd posed way back when. After three incorrect answers I was shut out.

A vast number of my financial activities are controlled through that account and I was paralyzed for two days, during which I hoped the bank computer would simply "forget" I'd already struck out. No such luck. Finally, I summoned the fortitude to enter the dreaded call centre queue.

Fortunately, I had recorded my telephone pin on what I call a Financial Bomb Shelter — a spreadsheet of my cyber and telephone life. Lesson learned. I went back into each account and recorded all my security questions on the spreadsheet.

My system is handy in case of disaster or something as mundane as a memory lapse. And while we're exhorted not to commit things like passwords, PINs and ID numbers to paper, I defy the average working Joe or Jill to remember every single cyber code in their lives.

Keep your Financial Bomb Shelter safe and it will keep you safe.

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▶ The average number of passwords, PINs, client IDs and security questions that a working adult needs to remember is 62.

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TAKE A BREATH AND DIVE IN

Frosh week provides training wheels for independence

JON TATTRIE
FOR METRO CANADA

The first week of university can be an overwhelming immersion in a new world, but experts say the best plan is to take a deep breath and dive in.

Adrian Lee, a Frosh coordinator at the University of King's College in Halifax, says you may be reveling in a new-found independence, but you should still listen to your frosh leader.

"The leaders have been there before and they know what's best and what it's going to take for you to have an optimal week orienting yourself to a completely new city and completely new friends," he says.

That includes learning to live on your own, either on campus or off.

Where are the grocery stores? Which one offers student discounts on Tuesdays? How can you get your hair cut practically for free? Frosh leaders will tell you.

It's also a great chance to meet new friends and set yourself up with allies for the next four years.

While booze has a long, respected role in frosh weeks, Lee says not everyone wants to end up drinking beer out of a shoe.

He was a quiet frosh and therefore terrified. It worked out well, and soberly, for him.

Denea Campbell, an orientation coordinator at the University of British Colombia, says the top three goals are meeting new students, getting prepared for class and getting involved.

At UBC, the critical frosh day is Imagine UBC, where a senior student offers groups of 12 new and returning students a vast amount of information about their campus and city.

It can seem overwhelming and hiding in your spiffy new apartment may seem appealing, but Campbell says there will be lots of time to do that.

There won't be lots of time to learn where the arts building is.

"I would recommend going to all of your classes — I mean, always go to class, but at least go on your first day and get the syllabus," she says.

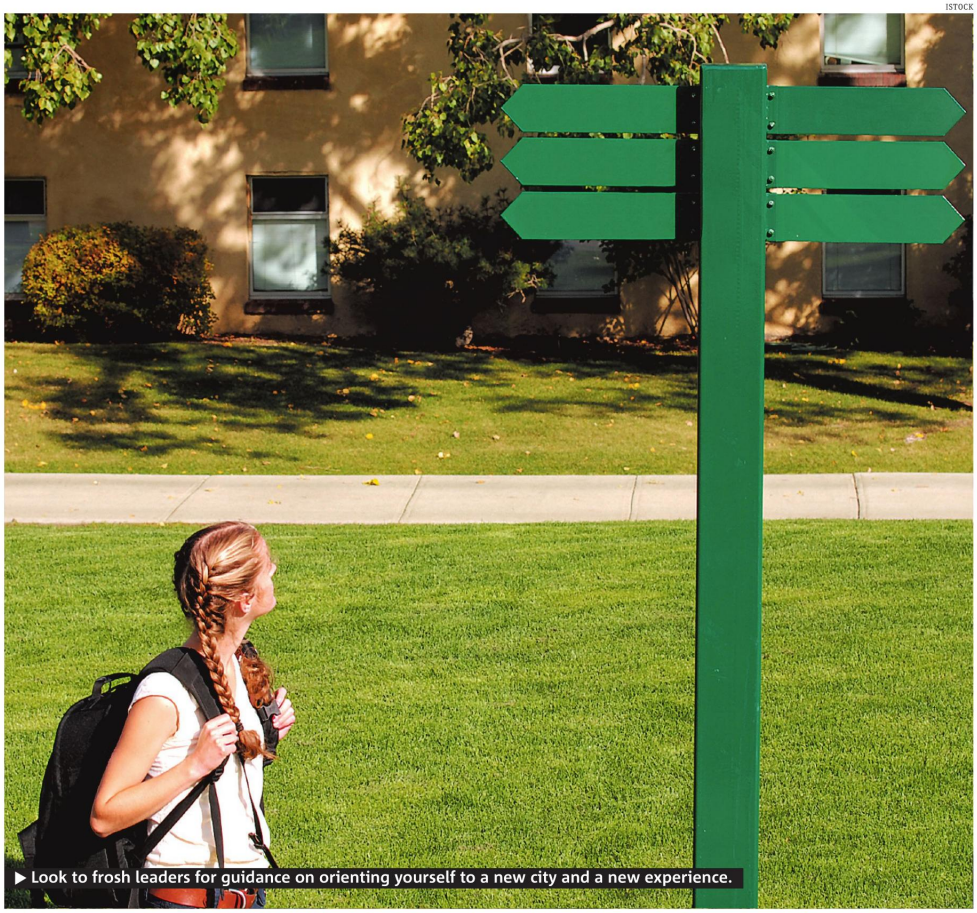
$1M

The goal of Shinerama 2010, the cross-Canada frosh fundraiser for cystic fibrosis.

Point taken

- **The University of King's College literally has a cord-cutting ceremony to symbolize students leaving the tender care of their parents.**

ISTOCK



▶ Look to frosh leaders for guidance on orienting yourself to a new city and a new experience.

First-year students around the globe

While Canadians are accustomed to the genderless term frosh, its roots are from freshmen, the term still used in much of the U.S. In the United Kingdom and Ireland, scholarly newbies are known as freshers.

South Africans starting their post-secondary education earn the more erudite nickname of learners. Swedish students humble first years with the term "nolla," which means zero, as in zero-year student.

New Zealanders, as is often the case, shorten the term freshman for the affectionate "freshies."

Australians cut to the chase with the vulgar acronym Jaffys. That stands for "just another freaking first year," only they don't say freaking.

JON TATTRIE

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RAF BRUSILOW
FOR METRO CANADA

The new semester is almost here and while getting good grades is important, making the grade financially can be just as crucial.

Kira Vermond, money columnist at Chatelaine magazine and author of the book Earn, Spend, Save: The savvy guide to a richer, smarter, debt-free life says expenses can add up quickly so taking a little care can help stretch your finances further.

While it's smart to stock up on school gear beforehand, try not to spend beyond what fits your needs, especially when it comes to technology.

"Yes, having a computer is going to make your life easier but you don't have to go out and buy the biggest and best.

"You also shouldn't buy a whole new wardrobe for the first day of school either because the prices will come down within a few weeks as all those summer clothes get discounted for winter gear," Vermond said.

With a limited budget, you want to make sure your money goes as far as possible so check reviews and online forums — there's nothing worse than realizing your brand new digital camera is a clunker that's half as good and twice as expensive as the previous year's model.

"Do your homework before you buy — go online, find out if it's worth it.

"There are so many reviews out there these days," Vermond said.

Credit cards often get offered out like candy on campus, many with some tempting promotions attached but read the fine print before you commit to anything and stick to one card with a low limit, Vermond suggests.

As for entertainment, if a little liquid enjoyment is unavoidable then force yourself to budget your drinking money in the harshest way possible.

"If you're going to drink, leave your wallet at home.

"Just take some cash along and once it's gone, it's gone. Leave everything else at home," Vermond said.

Save your cash

A few more back-to-school money tips, courtesy of Ryerson University.

- Check for bursaries and scholarships offered by your university, you may be eligible for a few you wouldn't have thought of before.
- Buy used things whenever possible, especially books
- Use your student ID to get discounts any and every time you can
- Stop with the $4 latte-buying and get yourself a coffeemaker instead
- Hunt through local listings for free concerts, movie showings and entertainment events

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Know ink risks

More tattoos linked to higher hepatitis C risk, says UBC study

KYLE FARQUHARSON
FOR METRO VANCOUVER

Informing people about the risks involved with tattoos, including the possibility of hepatitis C transmission, is a critical step to avoiding tattoo-related health issues, says UBC health researcher Dr. Siavash Jafari.

"Members of the public need to know the risks of tattooing, and know the artist (and hygiene practices)," said Jafari.

"Vancouver Coastal Health has hygiene guidelines for tattoo artists, but some of these are old and need to be updated, along with enforcement," he added.

Jafari is the lead author of a new study published by the UBC School of Population and Public Health (SPPH). Researchers assem-

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Culinary Arts Friday, Aug. 20 and 27, 9:30 a.m. – room 305B	Downtown
Transportation Trades Tuesday, Aug. 24, 11 a.m. – lobby, building B Monday, Aug. 30, 6:30 p.m. – lobby, building B	Broadway Broadway
Drafting Technician Thursday, Aug. 26, 4:30 a.m. – room 718	Downtown

Downtown campus – 200-block Dunsmuir at Hamilton (two blocks west of Stadium SkyTrain station)

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ISTOCK

▶ UBC researchers say prospective tattooing clients need to be aware of the risks of body art, including transmissible infections.

Did you know?

- Tattoo instruments puncture the skin 80 to 150 times per second during tattooing. Both instruments and dyes, if not properly sterilized, can harbour disease-causing microbes.
- According to SPPH data, one in 11 Canadian high school students has one or more tattoos, while one in five secondary students who don't have one, want one.
- Other health risks associated with tattooing the SPPH identified include the possibility of toxic compounds from dyes entering the circulatory system, allergic reactions and hepatitis B.

bled data from 30 countries, including Canada, Iran, Italy, Brazil and the United States, and determined the incidence of hepatitis C after tattooing is directly linked to the number of tattoos a person receives.

"Our artists wear gloves, aprons, and plastic sleeves on larger jobs. Everything we use is either disposable, or sterilized using an autoclave (a device that uses a combination of heat and pressure to kill microorganisms)," said Greta Pauls, a co-owner of Sacred Heart Tattoo in Vancouver.

Pauls recommends potential clients deal with accredited tattoo businesses, and not friends-of-friends.

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Robots put on a 'really good show'

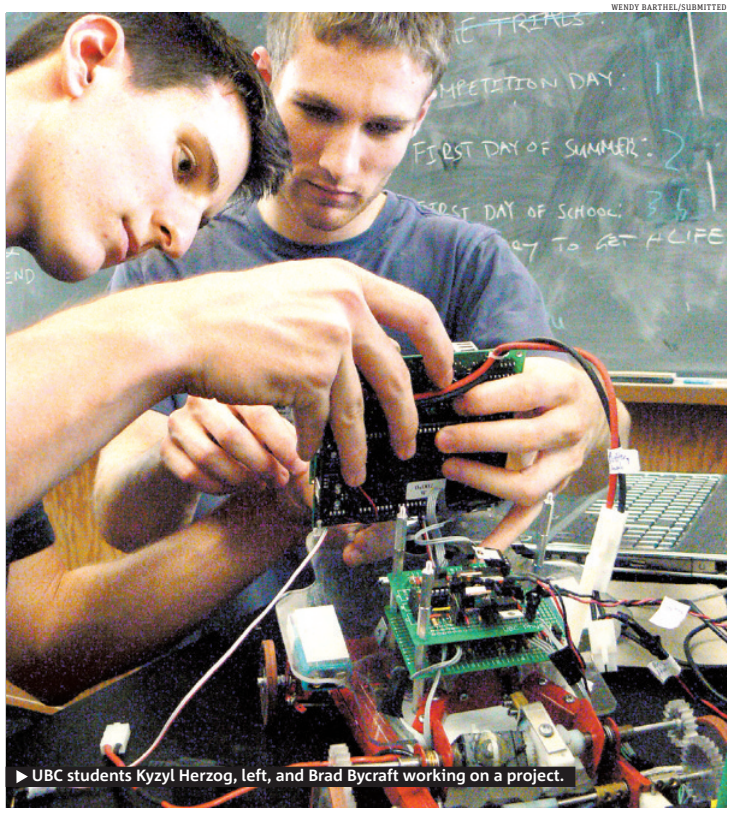
UBC engineering and physics competition gives hands-on experience

Winning entry

The 2010 UBC Engineering Physics Robot Competition winner: The Party Van

- Built and designed by Colin Leung, Anson Liang, David Pan, and Kevin Zhou, second-year, engineering physics students.
- In six weeks, the team built two full working robots, one prototype robot they used for development and testing, the other for the actual competition.

WENDY BARTHEL/SUBMITTED



▶ UBC students Kyzyl Herzog, left, and Brad Bycraft working on a project.

GEN HANDLEY
FOR METRO VANCOUVER

When asked who killed the electric car, UBC Engineering Physics instructor Jon Nakane replies with a laugh.

"I can't say who killed it, but I certainly can say that there are many of those who are trying to will it back," he says.

And Nakane's Engineering Physics Robot Competition at UBC is one of the programs doing just that.

Earlier this month, a race was held using robotic cars designed by second-year UBC Engineering Physics students.

In it's 10th year, the program has a different competition theme each year. The latest contest was inspired by UBC's Electrical Racing Team, an electric car team going head-to-head with petroleum-run vehicles.

"The robots put on a really good show this year," he says. "The crowd really got behind it for this one."

The program was formed as a result of Nakane and other UBC colleagues feeling that students could benefit from having a more active role in the classroom.

"We never had an experience like this when we were undergrads, so our lead instructor, Andre Marziali, started the course," Nakane explains. "He saw the need to give students hands-on experiences in prototyping and design so they could make the next generation of devices and experimental apparatuses.

"For me, this year's theme is about five per cent of the competition," he adds. "Ninety-five per cent of it is how much the students love it."

"We never had an experience like this when we were undergrads, so our lead instructor ... started the course."
JON NAKANE, UBC INSTRUCTOR

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NFL. Who runs this town?

▶ LaDanian Tomlinson of the New York Jets falls into the endzone for a touchdown that was eventually called back during their game against the New York Giants at New Meadowlands Stadium last night in New Jersey.

NICK LAHAM/GETTY IMAGES

NFL turf battle begins as $1.6B stadium opens

Quarterback Eli Manning was forced to leave the New York Giants' 31-16 victory over the Jets after suffering a bloody, three-inch gash to the left side of his head in the second quarter last night. The Giants quarterback needed 12 stitches to close the cut, and showed no sign of concussion after being hurt with 10:45 left in the first half. Though last night's game was a preseason affair, the Jets and Giants were playing the first NFL football game at the $1.6-billion US stadium that is co-owned by the NFL teams and is the most expensive stadium in the country.

THE ASSOCIATED PRESS

Canada's top player suffers early exit

- Local favourite Aleksandra Wozniak falls in first round at Rogers Cup
- Failed to capitalize on her opponent's erratic serve

The Rogers Cup has lost its top-ranked Canadian as local favourite Aleksandra Wozniak of Blainville, Que., fell in straight sets 6-3, 6-2 to Timea Bacsinszky of Switzerland in front of a strong centre-court crowd at Uniprix Stadium last night in Montreal.

"It was such a wonderful atmosphere out there, it's sad to lose here in Montreal in front of all your fans who have been supporting me since I was little," Wozniak said. "You always want to bring as many wins for them as you can."

It was the first time Wozniak, ranked 53rd in the world, had faced the 49th ranked Bacsinszky in her career.

There was some question as to whether Wozniak would be able to play in Montreal as she has battled tendinitis in her right forearm, and she was wearing tape on the damaged forearm during yesterday evening's match.

Bacsinszky's serve was extremely erratic with a first serve percentage of only 39 per cent, but Wozniak was unable to take advantage and ultimately fell in the first round of her home tournament for a second straight year.

Wozniak began the match well with three service winners and an ace in the opening game, but her game began to go downhill when Bacsinszky broke her serve to go ahead 2-1 in the first set. THE CANADIAN PRESS

GRAHAM HUGHES/THE CANADIAN PRESS

▶ Aleksandra Wozniak

Doubles results

▶ Marie-Eve Pelletier of Repentigny, Que., and Toronto's Sharon Fichman fell 6-3, 7-5 to the team of Daniela Hantuchova and Caroline Wozniacki.

▶ Heidi El Tabakh of Oakville, Ont., and Vancouver's Rebecca Marino also dropped their first round match 6-2, 6-1 to Yung-Jan Chan and Jie Zheng.

K-Rod out for rest of the season

Mets closer Francisco Rodriguez has a torn thumb ligament in his pitching hand sustained during a fight with his girlfriend's father at Citi Field and will need surgery that will sideline him for the rest of the season.

The Mets announced the injury before last night's game against the Houston Astros

The 28-year-old reliever was arrested following the fight and charged with third-degree assault and second-degree harassment. He is due back in court Sept. 14. THE ASSOCIATED PRESS

Bash Bro returns

Jose Canseco has signed a contract with an independent minor-league team in south Texas.

The 46-year-old Canseco, a central figure in baseball's steroid era, was introduced yesterday as a member of the Laredo Broncos — a club in the United Baseball League.

THE ASSOCIATED PRESS

Medal rush for Canada at Games

Canada is on the board at the Youth Olympic Games after winning five medals in a span of 45 minutes yesterday.

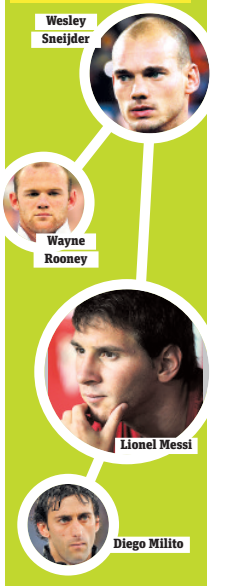
Swimmer Rachel Nicol of Lethbridge, Alta., and wrestler Dori Yeats of Montreal each won gold while swimmer Jeremy Bagshaw of Victoria, fencer Alexandre Lyssov of Richmond Hill, Ont., and taekwondo athlete Melanie Phan of Port Coquitlam, B.C., all captured bronze medals.

Canada was shut out of the medals on its first day of competition Sunday.

THE CANADIAN PRESS

4 sports

The connection



Can you guess the connection between these soccer players? Answer below.

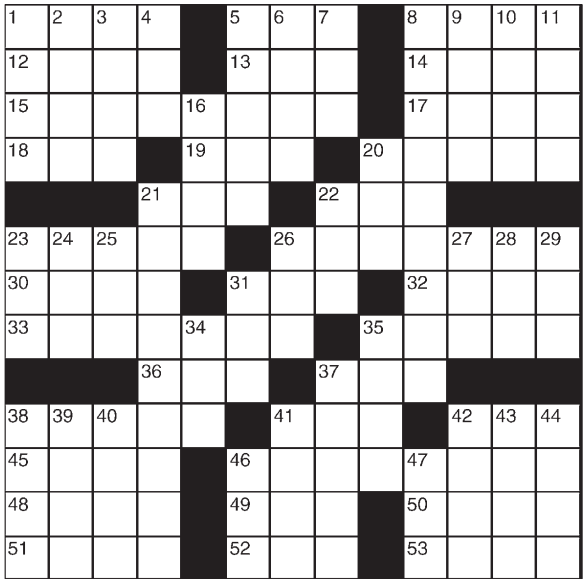
ANSWER: THEY WERE ALL NAMED ON A 12-MAN SHORTLIST TO BE UEFA'S CLUB FOOTBALLER OF THE YEAR.

Quoted

"It's not like I'm 41 or even 35. I just turned 31. No one has come down and stolen away my talent — I still have a lot in the tank."

TRACY MCGRADY, WHO SIGNED WITH THE DETROIT PISTONS YESTERDAY

Crossword



Across
1 Elderly
5 Bookkeeper (Abbr.)
8 Smog
12 Kill
13 Scepter
14 Yale grads
15 Comment before an attempt
17 "Phooey!"
18 Longing
19 Deterioration
20 Spooky
21 Catch some rays
22 Lingerie item
23 Suspicious
26 Drank
30 Hint
31 Jewel
32 Ripped
33 Worked in retail, maybe
35 Drive off
36 Conger, e.g.
37 Support-ing
38 Muscular
41 Caribbean, for one
42 Carte lead-in
45 — -European
46 Electronic musical instrument
48 Finished
49 Have a bug
50 "So be it"
51 "Auld Lang —"
52 Petrol
53 Parks of civil rights fame

Down
1 Wan
2 High school-based Fox show
3 Deserve
4 Prepare Easter eggs
5 Sing a la Bing
6 Versifier
7 Billboards
8 Heaven, perhaps, with "the"
9 Winged
10 Tubular pasta
11 Being, to Brutus
16 CSA uniform colour
20 Mound stat
21 So
22 Mooch
23 TV watchdog org.
24 Under the weather
25 Seek damages
26 Proof abbr.
27 Dandy
28 Before
29 East Coast st.
31 Toothpaste type
34 Crucial
35 Bellow
37 Senses
38 Resumes, for short
39 A deadly sin
40 Paradise
41 Actor LaBeouf
42 Bullets and such
43 Tells a whopper
44 Actress Paquin
46 Label
47 Corn spike

▶ Yesterday's answer

Sudoku

	9				6	1	3	
		7					2	9
				8		4		5
			4	3				1
	1						9	
7				2	9			
3		6		5				
2	5					3		
	8	4	6				1	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

1	9	6	2	3	4	8	7	5
4	8	2	7	9	5	1	6	3
3	7	5	6	8	1	4	2	9
6	4	8	9	7	2	3	5	1
9	2	1	3	5	6	7	4	8
7	5	3	4	1	8	6	9	2
8	1	4	5	2	7	9	3	6
2	3	7	8	6	9	5	1	4
5	6	9	1	4	3	2	8	7

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Vani, I would do absolutely anything for you my da..You are a blessing in my life. Happy Birthday!!! **JESON**

*Happy 20th Birthday to the best daughter in the world! We are very proud of you Anisa. May all your hopes & dreams come true. Ameen** **LOVE MOM, DAD & AHMED**

To my darling Vicky. You are my sexy lady. Can't wait to see you for your birthday! **LOVE JOEY!**

The day I met you, I knew we were meant to be. Ty, you mean the world to me. Happy 9 Month!!! I love you always:) **LOVE, LORE**

Lorena, you are the greatest thing that has ever happened to me. The past 2 years with you have been amazing and I look forward to many more by your side. I love you so very much. forever and ever sweetie. **DRE B.**

The Weather Network ©The Weather Network 2010

Today	Wednesday	Thursday
Partly cloudy	Sunny	Variable
24° / 15°	21° / 15°	20° / 14°

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 You cannot afford to make enemies today. If others get angry with you, for whatever reason, don't get angry back. Stay calm and refuse to make an issue of it.

♉ Taurus April 21-May 21 You seem to be expending a lot of energy and a lot of emotion on something that simply isn't that important. It's time to get over it, and also let others know that from here on in they are on their own.

♊ Gemini May 22-June 21 Cosmic activity in your chart means there is nothing you cannot do if you want it enough, but that is not an invitation to go out and do everything. It's about quality, not quantity.

♋ Cancer June 22-July 22 Your family may mean everything to you but you don't have to put them first all the time. If you devote all your energy to domestic issues today you will soon become irritable.

♌ Leo July 23-Aug.23 You are always impatient with people who think and act slowly, the kind of people who can never seem to make a decision. But don't get so impatient today that you say or do something you might later regret.

♍ Virgo Aug. 24- Sept. 22 You may be desperate to break out of a rut but if you make your move now you could find yourself in an even worse position than before. Be patient. Better times are coming.

♎ Libra Sept. 23-Oct. 23 If you risk everything now you may regret it later in the week. What's the big rush? Believe it or not time is still very much on your side.

♏ Scorpio Oct. 24-Nov. 22 Your main aim today must be to stand back and see what is going on in the world from a wider perspective, because only from a distance will you be able to tell what is fact and what is fiction.

♐ Sagittarius Nov. 23-Dec. 21 Your confidence is high but be careful because the line between self-belief and reckless behaviour can be so easy to cross. Think twice today before doing anything that might provoke an extreme reaction.

♑ Capricorn Dec. 22-Jan. 20 Don't sit around waiting for opportunities to come your way — get into the world and start making things happen.

♒ Aquarius Jan. 21-Feb. 18 Planetary activity will give you the decisiveness you need to get things done, along with the ability to make others feel good by saying the all right things. A winning combination.

♓ Pisces Feb. 19-March 20 By all means speak your mind today but speak it in such a way that you don't risk making enemies of people who disagree with your views. Life is too short to waste time on arguments neither side can win.

SALLY BROMPTON

MICHAEL SOHN/THE ASSOCIATED PRESS

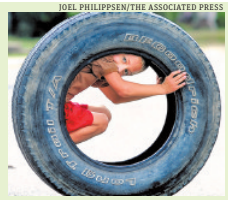
Caption contest

WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

JOEL PHILIPPSEN/THE ASSOCIATED PRESS



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Oct. 3–31 • 1 wk.
$999
+Taxes & other fees (including service charges): $325

JAMAICA via Toronto

Gran Bahia Principe Jamaica • 4 1/2★
All-Inclusive
Junior suite
Sept. 2, 4–25 • 1 wk.
PRIVILEGES
$1049
+Taxes & other fees (including service charges): $294
Please add $50 for Sat. & Sun. departures

Iberostar Rose Hall Beach • 4 1/2★
All-Inclusive
Standard garden view rm.
Sept. 2, 4–25 • 1 wk.
$1079
+Taxes & other fees (including service charges): $294
Please add $50 for Sat. & Sun. departures

MEXICO

Cancun/Riviera Maya

Occidental Grand Xcaret • 4 1/2★
All-Inclusive
Deluxe rm.
Nov. 6 • 1 wk.
$949
+Taxes & other fees (including service charges): $284

Grand Sirenis Riviera Maya Hotel & Spa • 5★
All-Inclusive • Junior suite
Nov. 6 • 1 wk.
$1139
+Taxes & other fees (including service charges): $284

Puerto Vallarta/Riviera Nayarit

Canto del Sol Plaza Vallarta • 3 1/2★
All-Inclusive • Standard rm.
Nov. 6–Dec. 11 • 1 wk.
$1049
+Taxes & other fees (including service charges): $276

Los Cabos

Barceló Los Cabos Palace Deluxe • 5★
All-Inclusive
Junior suite deluxe rm.
Dec. 19 • 1 wk.
$1429
+Taxes & other fees (including service charges): $278

CUBA

Varadero

Allegro Varadero • 3★
All-Inclusive • Superior rm.
Dec. 31 • 1 wk.
$1039
+Taxes & other fees (including service charges): $222

Sirenis La Salina Varadero Beach Resort • 4★
All-Inclusive • Standard rm.
Dec. 31 • 1 wk.
$1199
+Taxes & other fees (including service charges): $222

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